



West Anglian
Orienteering Club



JABBERWAOC

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Winter 2023



Maps and photos are in colour on website.

Photo: Dil Wetherill

Editorial:

Welcome to the last Jabberwaoc edition of 2023. It's been another busy year, summarised in the Stephen and Janet's reports. We've had a good turnout from the club both at major events and locally and I've enjoyed chatting to many of you through the year. It's great to see WAOC providing a springboard to 'higher' things and a lot of this issue belongs to those who have joined national development pathways. Congratulations to Alex Wetherill, Hebe Darwin and Alys Powell for their achievements. However, some of my fondest orienteering moments of the year have resulted from laughing about my mistakes with club members who understand, so thank you all for that and please keep writing for Jabberwaoc: we really do want to hear from everyone in WAOC. Wishing you all happy orienteering in 2024!



Photo: Wendy Carlyle

Emma Jarrett

2023 WAOC Committee

Chair:	Stephen Borrill chair@waoc.org.uk	Secretary:	Jenny Hunt secretary@waoc.org.uk
Treasurer:	Chris Rampton treasurer@waoc.org.uk	Captain:	Janet Cronk captain@waoc.org.uk
Junior Captain:	Hebe Darwin juniorcaptain@waoc.org.uk	Deputy Chair:	Peter Woods publicity@waoc.org.uk
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Jabberwaoc Editor:	Emma Jarrett editor@waoc.org.uk	Publicity Officer:	Harriet Millward publicity@waoc.org.uk

Front Cover: Alex Wetherill representing Great Britain at the Junior European Cup

Welcome to New WAOC Members - Hazel Bickle, Membership Secretary

Welcome to Benjamin Keen from Huntingdon and Jen and James Scott from Cambridge. We hope you will all enjoy orienteering with WAOC.

Membership Renewals for 2024

Many thanks to 64 WAOC members who have already renewed their annual membership to **WAOC** and **British Orienteering** for **2024**.

If you have yet to renew, please renew via the British Orienteering website

https://www.britishorienteering.org.uk/renew_membership.

There are new categories for Families and Young Adults for British Orienteering Membership for 2024 at a reduced cost for the British Orienteering part of the membership fee. The combined cost of joining WAOC & British Orienteering for 2024:-

Family membership (£47) – for a maximum of 2 seniors and one or more juniors.
[£42 for 2 seniors]

Young Adult (£22) – any member aged 21–25 at the end of 2024

Junior (£7.50) – any member aged 20 or younger at the end of 2024

Senior (£27) – any member aged 26 or older at the end of 2024

Joining British Orienteering ensures you will receive any entry fee discounts and the eligibility to compete in major UK competitions such as the British Championships. British Orienteering Members 16 years and over receive Ranking Points at all Regional, National and Major Events while all receive Incentive Awards up to the Gold Racing Challenge at technical level 5. This highest technical level 5 is experienced at Green, Short Green, Blue and Brown courses.

Membership offers discounts of 10% to 20% at SILVA, running, cycling and outdoor equipment stores, AA, YHA, Go Ape (see your British Orienteering member's page of the website).

You can also vote at the British Orienteering Annual General Meeting.

For queries about joining WAOC or British Orienteering, please email Hazel Bickle at memsec@waoc.org.uk

British Orienteering Awards – Ian Smith

Colour coded badges

Etty Eaton	Yellow
Johanna Powell	Green

BOF awards

Esther Eaton	Racing Challenge	Gold	TD1
Kez Latham	Racing Challenge	Gold	TD5
David Low	Racing Challenge	Gold	TD4
Hannah Wicks	Racing Challenge	Silver	TD5
Alex Jameson	Racing Challenge	Silver	TD5
	Navigation Challenge		TD5
William Reavell	Racing Challenge	Bronze	TD4
Elysia Cowe	Racing Challenge	Bronze	TD3
Kate Jarrett	Navigation Challenge		TD5
Kate Jarrett	Racing Challenge	Silver	TD5
Mark Hopkin	Racing Challenge	Gold	TD5
Natalie Rudd	Racing Challenge	Bronze	TD5
	Navigation Challenge		TD5
Ida Riley	Racing Challenge	Bronze	TD2
	Navigation Challenge		TD2
Charlotte Wicks	Racing Challenge	Gold	TD4
Erik Biernacki-Jablonski	Racing Challenge	Silver	TD5

British Orienteering Rankings can be seen at
<http://www.britishorienteering.org.uk/page/rankings>.

Chairman's Chat – Stephen Borrill

It's the end of a big year for WAOC and the beginning of a new year of orienteering, so it's a good time to look both backwards and forwards.

2023 marked WAOC's 50th anniversary and we moved up to be a 'big' club for the purposes of the Compass Sport Cup based on our increased member numbers. This proved to be problematic for qualifying as we needed to compete against at least one other big club and it looked for a while as though this was not going to be possible (commiserations to HH who joined us at our qualifier at the last minute thus giving us the opportunity to qualify). Becoming a big club shows a dynamism that is a thing to be celebrated; I was speaking to members of a local-ish club which will remain unnamed as I was getting a lift to the CSC final and they were worried about their numbers. Realistically, we are at the small end of the big clubs and, while the twin juggernauts of SYO and FVO resoundingly beat us, we had a good turnout from club members for the final even when faced with parking issues and bad weather. Thanks to everyone who took part and I hope you have finally managed to get rid of the mud. Similarly, as I mentioned in my last column, the Yvette Baker final was an opportunity for new and established juniors and their families to present WAOC in force.

Our 50th anniversary event at Maulden Woods back in January was excellent and the inspired idea of using both old and new maps made it memorable for all concerned as well as leading to heated debate about which map was best. At our AGM we announced honorary memberships for individuals instrumental in the historic running of the club, particularly in its formative years, who are no longer able to take part. It was a particular pleasure to give certificates to Hally Hardie and the Duncumbs later in the year and to discuss both the early days and how recent changes such as contactless punching and MapRun have kept the sport evolving.



Presenting certificates to Anne Duncumb and Hally Hardie

Photo: Hazel Bickle

On that note, MapRun and OpenOrienteeringMap have proved to be useful for testing out new areas and, looking forward to next year, it is good to see that two areas for which MapRun courses were set up in 2020 (Bedford urban near Priory Park and Yaxley) will be used for full events with new maps. Balancing new and old, Rowney Warren, a firm club favourite, will be used to host a weekend of night and day events. It is always good to find new areas as well as new planners, especially as I think the demographics of our members means we can sometimes be too Cambridge-centric. If you'd like to learn more – perhaps you've always thought the area around your house would make for a good course – please get in touch!

Best wishes for 2024 and I look forward to seeing you in the woods.

WAOC Club Captain's Report to 2023 AGM - Janet Cronk

Peter Palmer Junior Relay

The competition this year took place in the early hours of 10 September 2023 at Stowe National Trust Park. For the past few years WAOC Juniors run in the 4-leg Daybreak Trophy competition. But this year, our WAOC Juniors, led by our Junior Captain Hebe Darwin, took part in the full 6-leg relay competition with head torches definitely required by the first (Hebe) and second (Kate) leg runners!

14 teams took part in the main competition and WAOC finished in 9th place. Being a young team, WAOC did win a tin of chocolates by coming 3rd in the Joan George competition for teams with orienteering ages adding up to 90 or less.

British Mixed Sprint Relays

WAOC entered 8 teams of three in the British Mixed Sprint Relays which took place at Brunel University campus on Sunday 17 September 2023.

The 12- WAOC junior team achieved 2nd place and took home silver championship medals and mugs. The team was Eric Biernacki-Jablonski (M12) Elysia Cowe (W10) and Alys Powell (W12).

Photo: Hebe Darwin



The Compass Sport Cup 2023 Final



The final was held on Sunday 12 November 2023 at New Beechenhurst in the Forest of Dean. This was the first time WAOC had run in the Cup. In previous years WAOC have been running in the Trophy final for the smaller clubs. So, a challenging competition for the club but a great turnout of 39 WAOC members who ran for the team.

Photo: Addy Fu

British Schools Orienteering

WAOC Juniors took part in both the British Schools Score Championships on 14 October in Martinshaw Woods, Leicestershire and the British Schools Orienteering Championships on 19 November at Temple Newsman in Leeds.

Medal winners were as follows:

1. **BSSC:** Elysia Cowe - 1st Year 5, Alys Powell - 3rd Year 7, Andre Fu - 3rd Year 9, Hebe Darwin 1st Year 10/11

2. **BSOC:** Alys Powell - 3rd Year 7 Hebe Darwin - 1st Year 11, Eric Biernacki-Jablonski - 1st Year 8

National League Results

Two club results of note here:

1. WAOC got a mention in Nick Barable's Compass Magazine League Table for 2023. He said in his commentary: 'And it is with much excitement that we can report some seismic activity amongst some of the EAOA clubs. Most notably the exploits of WAOC, HAVOC and NOR who have all climbed to significant all time heights. **So much so that WAOC's 42nd position is the best ever seen by an East Anglian club' !!**

2. In the 2023 UKOL results, WAOC is shown as 7th on the club ranking league table (and that includes 2 SYO teams !). This is new record and a great result which comes from WAOC members travelling out of East Anglia to national events and doing well in these.

Contributing individuals to this UKOL club ranking position are Dil Wetherill (M55), Alex Wetherill (M20), Richard Powell (M45), Johanna Powell (W45), Emma Jarrett (W45), Andrew Henderson (M55), Peter Haynes (M65), Kathleen Haynes (W65), Chun Yan Alistair FU (M16), Hebe Darwin (W16), Camilla Darwin (W50), Janet Cronk (W65), Stephen Borrill (M50), Hanna Biernacka (W45), Helen Bickle (W40).

Our highest placed individuals in this national competition were Emma Jarrett (2nd W45) and Alistair Fu (5th M16)

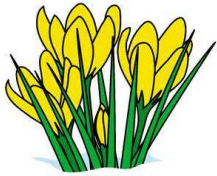
Thank you to everyone who has run for WAOC in 2023!



Congratulations to Alys Powell

who was selected to run for Wales in the Junior Home International Races in October




Photo: Richard Powell



Spring Training Nights and MapRuns



Wednesday evening sessions with the exception of the first session that is on a Thursday (there has to be an exception to the rule!)

Date	Location
Thurs 18 th Jan	Astronomy & Madingley Rise
24 th Jan	Shelfords MapRun 
31 st Jan	Lammas Land and Newnham
7 th Feb	Science Park
14 th Feb	TBC MapRun 
21 st Feb	Trumpington East
28 th Feb	West Cambridge
6 th Mar	Hinchingbrooke Country Park 
13 th Mar	Burrells Field

Programme is subject to permissions and always check the website before travelling.

Training Nights

Senior training sessions for all levels of orienteering skill or fitness.

Timings: Arrive 6.30 p.m. for starting at 6.45 p.m.

Cost: Free

Juniors: These events are not planned for juniors, but if they do run, U16's must be at least Orange standard and shadowed.

MapRun League

Formats of courses will vary:

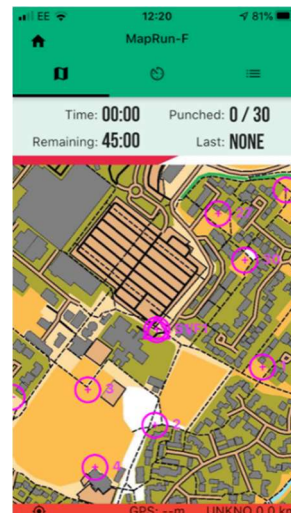
Long will be around 45mins to 1hr or around 6km line – say actually 7-10km) or

Short 30 to 40mins or around 3km (straight line – 3.5-5km).

Social Wednesday: Starts 6.30 – 7.00 p.m. or

Anytime: (after initial event up to midnight on the Tuesday afterwards) email go@oentry.uk to enter. You sent a SumUp link and once you have paid, you will be copy of the map and a pin for the course (do allow for all this!)

Cost: £3 senior and £2 student/junior.



(straight

actual say

second will be emailed a some time

Training tip – Helen Bickle

With this being the season of cold weather and long nights, it's time to enjoy a few evenings in. So here are a few films that you might enjoy. I have to confess that I have not seen all of them but they are all recommended. In no particular order:



Invictus, PG13, 2h 14m, Score 75%

Nelson Mandela enlists the national rugby team to help unite the Apartheid-torn land and gives them the mission to win the 1995 Rugby World Cup.



Cool Runnings, PG, 1h 37m, Score 81%

4 Jamaican runners turned bobsledders dream of competing in the Winter Olympics. They have never even seen snow before!



Remember the Titans, PG, 1h 53m, Score 93%

True story of the first season of a racially integrated high school American Football and their newly appointed African-American Coach.



Rocky 1976 version, PG, 1hr 59m, Score 69%

A small time boxer gets the chance to fight the world heavyweight champion in a bout in which he strives to go the distance for his self-respect.



Chariots of Fire, PG, 2h 3m, Score 80%

Two British track athletes train to win at the Paris 1924 Olympics in a divided United Kingdom and at one point they run along a beach.



Hurricane Season, PG13, 1h 44m, Score 70%

In the aftermath of Hurricane Katrina, a high school basketball coach builds a new team.



42, PG13, 2h 8m, Score 85%

Story of the first African-American to play in Major League Baseball in the modern era.



Bend it like Beckham, PG13, 1h 52m, Score 73%

The story of two girls pursuit to play football, despite their parents' wishes.



The Karate Kid 1984 version, PG, 2h 6m, Score 82%

A handyman agrees to teach karate to a bullied teenager.



The Keeper, 15, 2h, Score 88%

Biographical drama of a German PoW (Bert Trautmann) who went on to become the goalkeeper for Manchester City.



Coach Carter, PG13, 2h 16m, Score 85%

A new high school basketball coach, Ken Carter, arrives to change the fortune of the school's team and expects all team members to sign contracts to play.



Field of Dreams, PG, 1h 46m, Score 86%

A farmer who transforms his cornfield into a baseball field after hearing a mysterious voice whisper "If you build it, he will come".

*Score: Audience Score from <https://www.rottentomatoes.com>

Please do let me know if any of these films are actually inspirational enough to encourage you to brave the elements and go for a run – perhaps even to push yourself to go a long run?

Training and MapRun email list:

To receive weekly training emails, please send a request to join to waoc-training+owner@groups.io

WAGAL Update – Peter Woods

WAGAL Winners for 2023

All six of this year’s WAGAL events have now taken place, the most recent being the CompassSport Cup Final at New Beechenhurst in the Forest of Dean on 12th November, where 39 WAOC members ran for their club.

The resulting scores can be seen on our WAGAL scoreboard, and the highest scorer for the second year running is Sue Hartley. Special congratulations to her, and congratulations to all this year’s category winners:

Category	Male	Female
Junior	Erik Biernacki-Jablonski	Hebe Darwin
Senior	Alexander Moore	Jenny Carlsson
Veteran	Dil Wetherill	Camilla Darwin
Super Vet	Michael Bickle	Sue Hartley

WAGAL 2024

Here is the list of orienteering events in 2024 where you can earn WAGAL points:

- Rowney Warren - 4th February
- Kings Forest CSC Qualifier - 18th February (EAOA event)
- Bedford Urban - 9th June
- Yaxley Urban - 29th September
- Mildenhall North - 17th November

The best 3 scores for each individual from of a maximum of 5 scores to count. The list of qualifying events may be revised list if there is a change to the schedule of events. The CompassSport Cup Final may be added as a further WAGAL event if the club gets through to the final. In this case the best 4 of a possible total of 6 scores would count.

EAOA News – Peter Woods

Change to EAL rules for best performing club

The East Anglian League (EAL) rules were reviewed during this year to check that they were as fair as possible for all age classes, including those who chose to run a different course than the nominal course for their age class. After consideration of alternative scoring methods, we decided to leave the rules unchanged for individual league points scoring.

We have however made a big change to how the club points are calculated. Many of you might not even know that there is an award to the highest performing club as well as the awards to the individual class winners in the league. That is probably because WAOC has never won it, and that is partly due to the way the club scores have been calculated in the past. Starting in 2024, the new rules will apply and the club competition should be much more open. So bear in mind that if you turn up and run at an EAL event, you will earn points for WAOC even if your run isn't particularly good and even if that event does not contribute to your personal "best 4 of 6" individual score.

CompassSport Cup Qualifier – Kings Forest 18th February 2024

Your club captain will, I am sure, be encouraging you to run at this event, which will take place in the Kings Forest on 18th February. This is an EAOA event, and WAOC have been asked to help by providing control collectors on the day. The planner is WAOC too, and is also writing this article, and so will be doubly delighted to receive offers to help collect in controls after the event.

Junior Home Internationals - 12-13th October 2024 Sheringham

In 2024, it is the turn of the East Anglian Region to host the Junior Home Internationals, where teams of junior orienteers from the 4 home nations: England, Wales, Scotland and Northern Ireland, compete over two days in an individual race and a team relay. The event will take place in Sheringham and so much of the organising will fall to NOR, but this will be an EAOA undertaking and help from other clubs including WAOC will be appreciated. If you are interested in helping please let me know.

2024 EAL Events:

Events for the 2024 East Anglian League are still being finalised. Provisional details are:

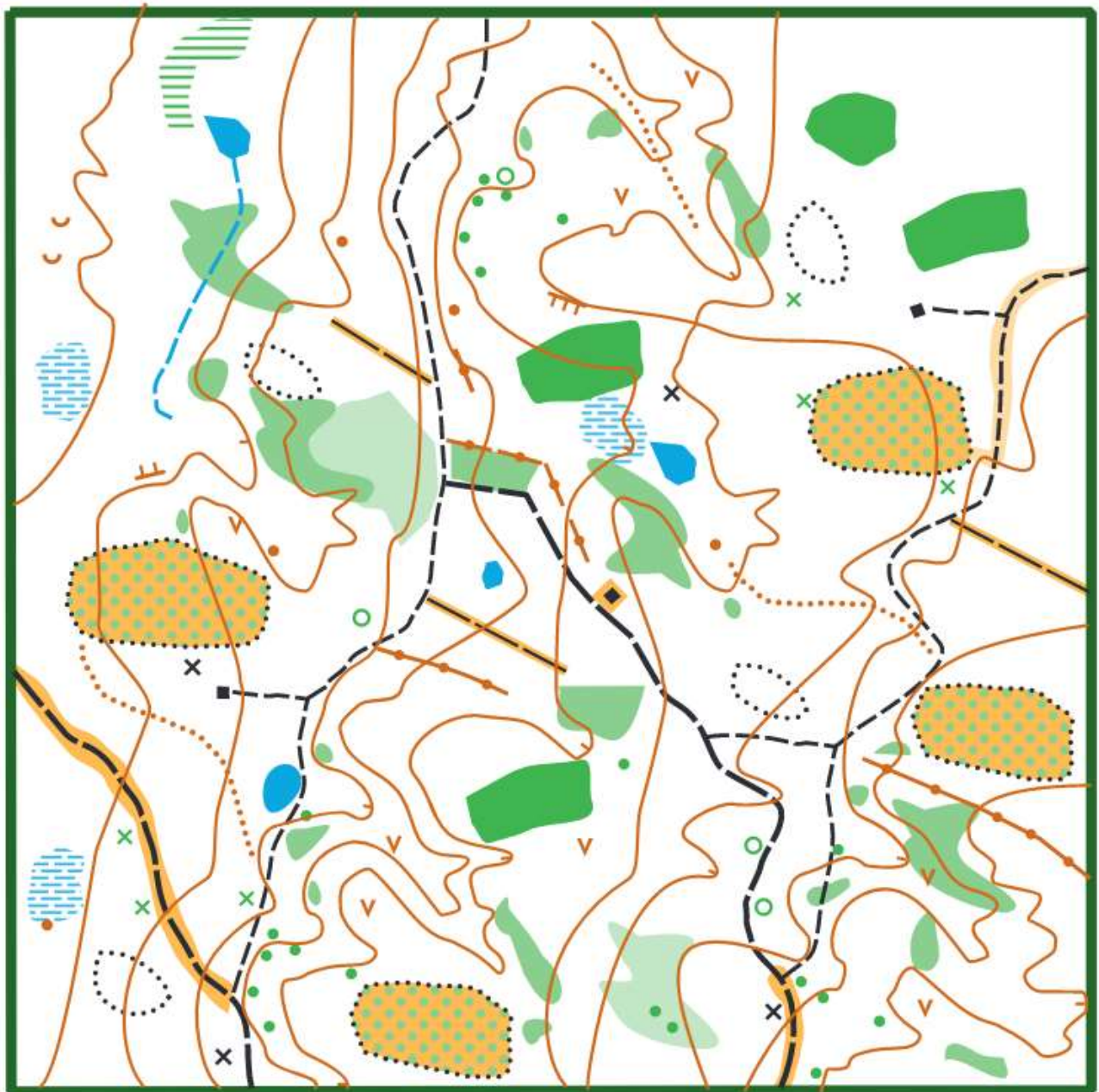
Date	Club	Event
15 th September	SOS	Hatfield Forest
27 th October	HAVOC	Weald Park
17 th November	WAOC	Mildenhall North
24 th November	SMOC	Stowe
1 st December	SUFFOC	Tangham
8 th December	NOR	Beeston Regis

2023 EAUL Events:

Also still being finalised but the first event is likely to be NOR's Thetford event on 1st April.

Find the identical features – Bruce Marshall

Look on the map and identify pairs of features which are identical. There are 7 pairs to find. You can ignore the point features on the map and there are no rotations.



WAOC HISTORY - HALLY HARDIE

Gazing at the neatly framed dual map of Rowney very kindly presented to me in Honorary Membership by the Club, for which many thanks to all concerned, I came across a thought. Who knows the history of how the original logo/badge of the Club, and indeed the new logo/badge, came into being?. I can recall the original but I'm afraid I know nothing of the current. So those of you who like to know of things historical as applies to WAOC read on.



WAOC Original Logo

So what about the original? Well it was designed principally by Dave and Kate Bryant, now of MDOC, but stalwarts of WAOC in 1975. I also was present at the time, probably Club Chair, but that exact memory has long gone. A group of half a dozen of us WAOC members were sitting on the banks above the Ladybower reservoir during the British Relay Champs of 1975. It was the end of the first week of June when we had had $\frac{1}{2}$ inch of snow on the ground on the 2nd, (in St Ives and elsewhere) but by the 7th June the temperature was touching the 80's, for a very hot and sweltering relay with the individuals, equally hot, on the Sunday. The Relays were in the steep forest on the southern side of the reservoir, with the individuals being in Strines the following day. It took maybe an hour to thrash out the principal design for the badge, which then gained the rubber stamp of approval by those present. Prior to this design we had had a Club competition to design a badge when all members were asked to come up with ideas. This resulted in some half a dozen designs which were presented for viewing and approval a few weeks previously at the first Wandlebury event the Club held. Despite a choice being made from those designs Dave wasn't too happy so he produced his own ideas which he then sold to the rest of us sitting in the heat above Ladybower. The spikes in that badge are supposed to represent fir trees in the shape of a 'W', the bar across the bottom provided the 'A', and the 'o' and 'c' for rest of the obvious. I'm not sure how the colouring was decided, but it made for a very distinctive badge when seen out in the forests or event car parks. I believe it was Anne Braggins who made the first cloth badge to hang from a fishing pole by the Braggins' car, whilst I made a similar badge from painted plywood to sit atop a Club car - the reverse of this was a RAFO badge! - (but that's another story).

So now I leave it up to someone else to provide the story of the new badge' history. Further history of the Club's strips designs could also be of interest - maybe.

Junior European Cup – Dil Wetherill

Alex was very disappointed not to be selected for JWOC following his JK selection race disagreement with the Lancaster Uni lamppost. But he did get picked for the 2023 Junior European Cup (JEC) – so that wasn't such a bad consolation prize. Alex had run in the previous year's JEC in Germany, so had some experience of what was expected in this year's race in Virton, Belgium. Judith and I travelled out to share the fun and help where we could with the team.

The teams were all staying at a campsite that had safari style self-catering tents already erected. So it felt very international. The races were really close to the campsite and one of the training maps included the camp and the adjacent woodland. I went for a run round the training map and got a feel for the terrain and the mapping. In summary: occasionally nice, but very brambly with lots of vague vegetation in various shades of green.

Saturday was the middle-distance race – Alex was announced at the close-to-the-end radio control in 4th place but made a route choice that wasn't optimal and lost just a few minutes. But the leader board was very tight on time, so he dropped to 17th. Dil later ran the same course and took “the other” route-choice which was a touch longer, but which went through less green stuff and hit the control easily. You couldn't tell from the map how much easier Dil's route was. So a 50/50 decision cost Alex an easily top 10 finish. Alex doesn't look after his legs in the scratchy stuff, but a lot of blood was donated by all during the race.



Long distance on the Sunday was aptly named. It was very long – 12km /485m, but through very rough, green forest. Actual winning time of 82 minutes was longer than it should have been. Alex ran really well, despite missing one obvious route choice and was first Brit in 7th place – finish time 88 minutes. All the team were very tired – you can see it from the photo. I don't remember this happening recently, but Alex was so tired he didn't feel up to warming down properly and just cycled back to the camp.

Monday was relay day – teams of 3. The GB first team of Jim Bailey, Alex and Euan Tryner looked strong, with a reasonable chance of top 6 or even a medal, but Jim got a bit lost in the green on first leg and handed over to Alex in 19th. Alex ran a blinder to pull the team back to 9th and Euan pulled one more place back for 8th overall.



We all enjoyed our trip to Belgium and it was great to see Alex' swansong as a Junior.

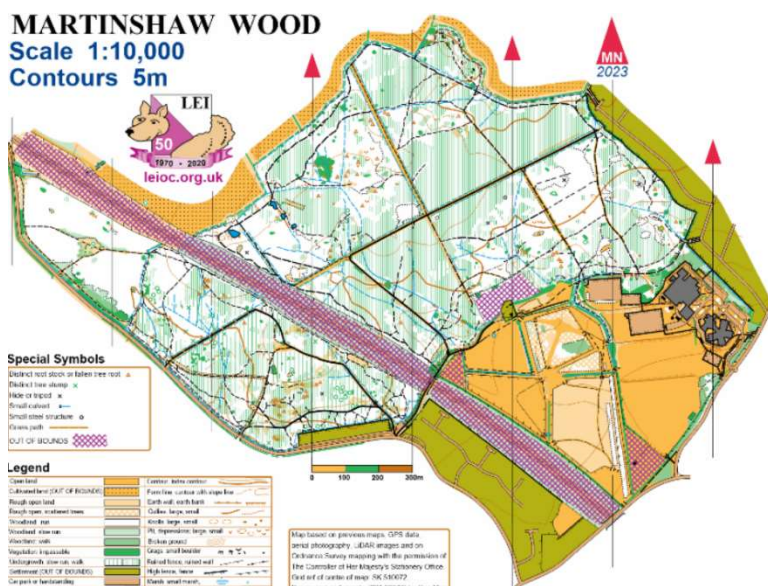
One of the great joys of travel is experiencing the way other people do things – and one thing struck us as very different. Despite this being a junior race, each day had a bar serving strong Belgian beer and it was consumed enthusiastically by the local organising team. I visited download to check something around lunchtime and the download guy was sipping on a glass. I finished and downloaded about 6:30 pm and he was still sipping away. He looked very happy, if a bit bleary.

British Schools Orienteering Championships – Hebe Darwin

Score event – Martinshaw Woods

At 8:15 on Saturday 14th October, a record number of students from the Perse, along with guest orienteers from WAOC, got on a coach to go to the British Schools Score Championships. This year, it was held in Martinshaw Woodlands, and hosted by LEI.

After geeking at the map for several hours, I knew that the race would be decided by who had the time and courage to go into the side of the woods on the westerly side of the motorway, because most of the woods were on the eastern side. I had deliberately been allocated a late start time, as it gave me an idea of how many controls people are able to get – and whether, or not, it would be worth going across the motorway. Checking the results before I started, the most that anyone had found were 24 controls. This information told me that it was not going to be possible to get them all, in contrast to previous years when some people found all 30! So I knew that I would need to be very strategic in my round and I'd have to run as fast as possible, because if people tie on scores, the quickest person wins.



On picking up my map at the start, I immediately spotted a route on the other side of the motorway, that would allow me to get 5 controls quite quickly. I started running that way straight away, only collecting a couple of the controls that I passed, as I knew that I would be coming back that way and I didn't need to worry. Whilst I was running over the motorway, I planned out the rest of my route – and some shortcuts I could take if I ran out of time. The main problem with the route on the westerly side of the woods is that I had to go cross country for some of it. This is not usually a

problem for orienteers but in these woods this meant going straight across metre-high bramble patches. My legs at the end of the race were rather red.

By the time I'd come back to the main section of woods, I was quite surprised to find that I'd only taken 10 minutes, so this meant that I could get a couple extra controls. I did, however, miss one of the ones that I'd planned to visit because I was slightly worried that if I'd not found it straight on, I could lose way too much time on it. As it turned out, lots of people found it very hard to get out of that particular control site.

When I was geeking, I'd also decided to do a snake route on the paths near the end as this would allow me to cut my run short if I needed to because of time restrictions. Although there were a couple of times when I was worried about my timings, I thankfully didn't have to cut my route short at all, and I came into the finish with no spare energy. Although I'd put in a sprint at the end, my route had led me to run 6.5 km in 42 minutes, and some of the terrain like the brambles and mud were exhausting to get through. It felt good in the end though, and I won!

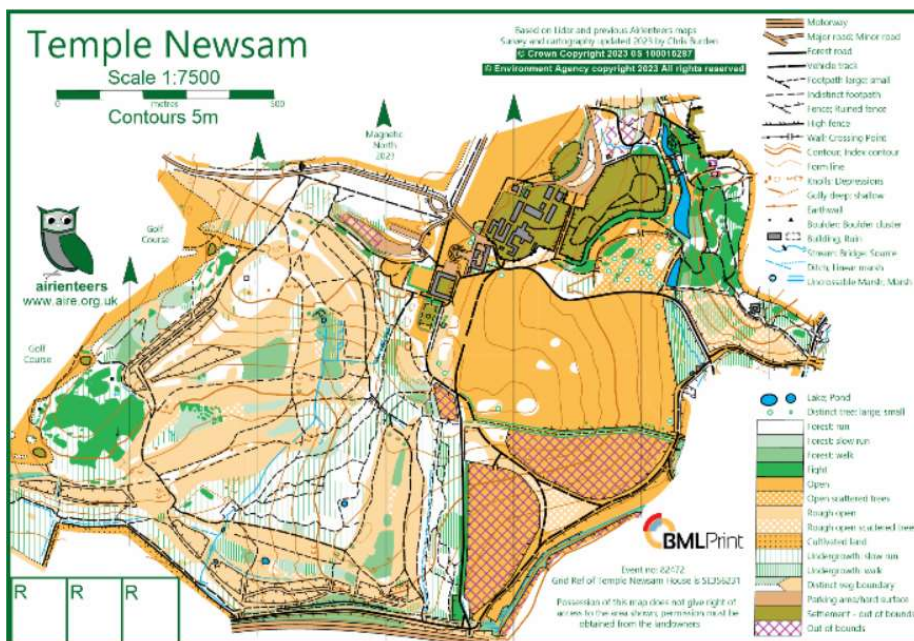
We also had many other good results from WAOC and the Perse, most notably Elysia winning Year 5 Girls, Alys coming 3rd in Year 7 Girls, Charlie (from the Perse) and Andre coming 2nd and 3rd respectively in the Year 9 Boys category, and the Perse coming 1st in Lower Secondary Boys and Upper Secondary Girls. Onto the second event of the term...

Line event – Temple Newsam Park

On Sunday 19th November, another record number of Perse Students and WAOC Families boarded a coach at 7.15am, destined for Temple Newsam Park, Leeds, AIRE, for the British Schools Orienteering Championships.

After geeking at the map, I knew that speed would matter the most again, provided you didn't make any mistakes. What I didn't take into account was just how wet it would be underfoot. This meant that the small bits of the course we spent on concrete ground like near the spectator control and near the end, would be extremely slippery – and I very nearly hit my head when jumping down off the wall (crossable – of course!) to the grass on the way to #6.

As soon as I picked my map up, I looked at my first leg and bolted away down the hill. This was a nice first control, as it let me just work out how I would do the rest of that side of the course – as it



was an easy leg, and fast to run on. Most of the course was straight lines – the areas were very nice and runnable, so I just went directly, if a bit slowly, up the hills. The thing that stumped me the most was the unexpected ‘spectator control’, which was just before we turned over the map (it was double-sided). This meant that I had to check that I was going the right way, while trying to ignore the crowd around the run-in at the bottom of the hill.

The second loop was shorter, if a little harder. Once I finished, I was very tired, but reasonably happy. I often think about what went wrong (e.g. my hill speed) straight after finishing, rather than thinking about what went well. I think a lot of people find themselves doing this – I've learnt that it isn't super helpful, because it spoils what could actually have been a very good run. There is a time and place for looking at things that went wrong, but immediately afterwards we should just be happy that we finished!

Overall, WAOC and the Perse had lots of very good results at the championships, including Golds for Erik and me and Bronzes for Hannah, Amy and Alys (in Years 13, 8 and 7 respectively), and The Perse came 2nd in the Year 11 Girls and Year 9 Boys, 3rd in the Year 7 Boys, as well as 2nd overall in the Large Secondary School Category.

Thank you so much to everyone who came – and well done to every junior from WAOC who competed this year! Next year, the Schools' Score area is still uncertain, but the Line event is being hosted by DFOK at Shorne Woods Country Park, Kent – not too far away!

Czechia Tour 2023 – Hebe Darwin



On Saturday the 12th of August, I was thrilled to be one of 19 juniors heading to a weeklong training camp in the Jizera Mountains in Czechia. I was on a direct flight from Stansted to Prague, at a civilised time of day, and the excitement began at my house as five of us piled into one car to limit our exposure to the airport's extortionate parking charges. We were staying in an orienteering hostel in Potkavarna u Havrana, in the north of the country – a place with an impressive orienteering lineage. The hostel hosted the Varsity match this year and have provided a base

for training for many different national squads throughout their history.

We had five days of training and one rest day, and since most of us had been at the Scottish 6-days just a few weeks' beforehand, we knew how much energy we'd need. What I hadn't anticipated was just how different the terrain would be from anything I've encountered before in Scotland, the Lake District or Wales. Oh, and what it would look like at 11pm on a (shadowed) night run. It was an amazing trip and I learned so much.

Day 1 Bramberk

Bramberk is an area of mountainous forest, with lots of boulder and tree details – well known by the locals for its cross-country skiing (in spite of the trees!) and orienteering courses. How did the coaches immediately start to build team morale? Cool T-shirts, with names on, in case you don't know anyone, a communal warm-up jog, and a photo opportunity!

The three courses that morning were called by the Czech translations of Boulders, Trees, and Slopes. They summed up the area, really. I learned how to see what was mapped and what wasn't, when there were so many trees and boulders to choose from. A 'man-made water feature' was actually just a manhole cover... Hmm – details are important. The Slopes course was all about practising running on rocky terrain. After lunch, we had our first relay. Many of the training sessions were an imaginative mixture of relay legs and individual legs. We kept having different pairings and learning from each other. The first day's relay was focussed on trying to follow a short straight-line route, regardless of the terrain. That evening, Ben Windsor and Paul Pruzina told us that you have to strengthen your entire body in order to increase your speed and stamina when running over rough terrain. More core training in the diary, then. Thank goodness for BBC I-player as an accompaniment.

Oh, there was another skill that I got much better at over the trip: volleyball, including Czech volleyball, in which you're allowed to catch the ball. It featured in many evenings, as though the running wasn't enough. If you didn't want to do that, or it was too late in the evening, hanging out in the basement was chilled and calming.

Day 2 Valdstein

One of the 2018 World Cup races was held here. I can see why. The slopes were very, very steep (steeper than any I've encountered in the UK) and there were so many cliffs and sandstone pillars! It was an ideal place to understand the value of simplifying your route and identifying the exact location of the control in the control circle. It also helped me to get comfortable with steepness, and to drum home the idea that the longer, flatter route is often better than the shorter, steeper route. That lesson really helped me during the rest of the week. Again, our exercises were a great mix of individual legs and meeting up with other juniors to compare notes before heading off again. It wasn't only the birds that were singing loudly as some of us made our way to lunch that day... The afternoon's exercise was a Banterpeg™ relay. This is an invention to give variety to each person's route, while having a core circuit that everyone completes. I don't want to reveal all the fun of the event but I was pleased with my strategy of which legs to prioritise. The memorable thing for me was on one of the compulsory circuit: leg 8 to 9. The only 'sensible' way to get to it was to

go down 10 contours (5m contours), each of which were only 1mm apart (if that!) on the 1:10000 map. That was a very scary descent; at one point, it looked like the ground just dropped off. I used the best tactic for those scared of heights: bum-slide to a tree...It worked! The rest of the course was just running on bearings – a piece of cake after some of the earlier terrain.

After the mayhem of the relay, we got to swim in Jablonec lake, which was really fun, as there was a pontoon that most people swam to and jumped off. That evening, we were meant to have a talk from Czech national team member, Milos Nykodym, but sadly he was ill, so we just played more volleyball and spent a long time talking in the basement.

Day 3 Kalich, then river swim, then Night-O in Slovanka (next to the hostel)

Day 3 was structured differently, as we had the Night-O in the night (what a surprise(!)). We trained in the morning at Kalich. This was more of a Sandstone City area. We did a warm-up run around a line course – fitting through small gaps in the rocks and going through gorge-like structures.

Appropriately, someone saw a snake on the line course!

In the afternoon, we went sight-seeing as a group around the sandstone pillars and caves. We climbed onto the top of some of the rocks – from where we could almost see into Poland. We then went into the caves below the sandstone towers, before walking down into Mala Skala town and swimming in the river, sliding down the rocky weir, and cooling off with ice creams. In the evening, we got a talk from ex-JWOC Gold medallist, Pavel Kubat, who planned the World Cup in Czechia that was 2 weeks before we arrived. It was very interesting hearing about how he needed to work out different routes the athletes would take – and how correct his predictions were.

Night-O extraordinaire

I've never done a proper night-O, despite pestering my parents repeatedly, so I elected to go for the long course, 6km as the crow flies, but shadowed, just in case anything went wrong. I started first at 8.45pm and immediately messed up #1. I ran straight into the open just off the path and took a good half-minute to work out what had happened. That was quite embarrassing! After that, I got my head straight and got to business. The controls had a bit of hi-vis tape on them, so they reflected our headtorches very well.

I had a better stretch of navigation for a while and, in contrast to the forest, the views from the road onto the surrounding villages and as far as Jablonec were beautiful! But the most important lesson I learnt in the night-O is that 'roughly' is not good enough – neither for bearings nor for features. For instance, well into the event, I heard a stream trickling by, so, thinking that it was the one that would lead me to my control, I followed it. I then got in a fight with some 'dark green' which was not clever. At night, the bushes definitely have the upper hand – and it wasn't the right stream. I lost 10 minutes finding my control that leg. Thanks to some help from Mairi, my shadow, I stuck with the course and, after almost 3 hours, we run down the open fields to the cheers of everyone waiting at the hostel. It was a memorable night!

Day Off – Forest micr-O then a rest

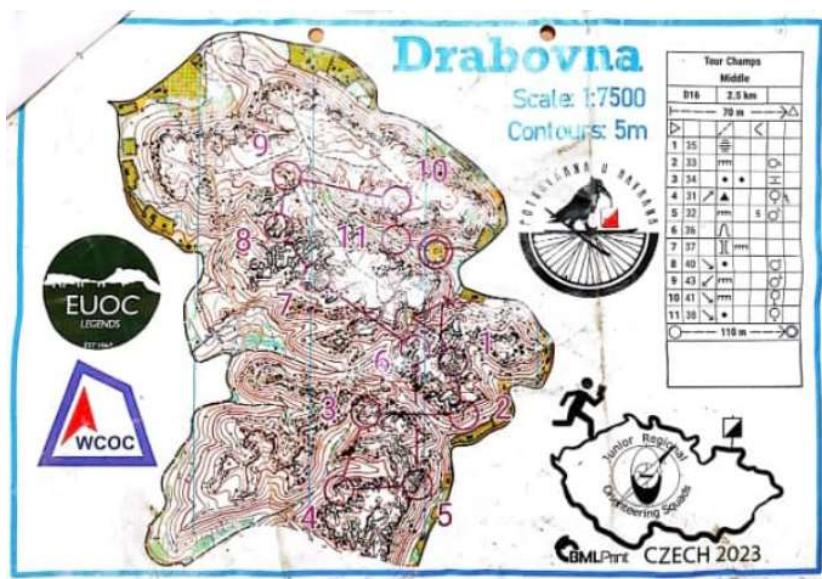
The next day was a rest day, thankfully, and we spend the morning doing a Forest Micr-O sprint. Somehow I ran this well; I do like a sprint event. Afterwards, we went to the water park to slide down some slides, and to the shops; to shop! As the weather had been unremittingly hot for the week, the water park was really good fun and lots of other people thought so too. It was filled to capacity.



Day 4 Supi Hora

Supi Hora is another steep sandstone area. We used it for long-leg practice, walking the route to practise contouring round the edges of the cliffs, then I did a star course before lunch. The afternoon had a 'vampire' course. This is a neat variation on the old game of 'tag'. Some runners did a score course with old-fashioned control cards while others had to steal them from the innocent victims. Lying in wait proved a better strategy for Hebe-the-vampire than trying to run and find people. I know what to do at Laserquest in future...

After supper, we were encouraged to think about a pre-race plan for the Middles Tour Champs the next day. Volleyball was less popular that night for some reason... My aims were to work with the contours, check the control descriptions and simplify the map...Easy, really!



Day 5 Middle Course Tour Champs - Drabovna

OK, not so easy after all. I went up the wrong re-entrant to one control, got caught at the top of a crag rather than the bottom for the next; spent 4 minutes 10m away from a control without finding it; and finally, had to literally scramble up a crag to find another one. It seems like my Middles Course is staying put for now.

After the Middles, we went to do some downhill-O courses on Slovanka, where some people got

stung by some wasps. The nest had fallen out of a tree on to the path, and the wasps weren't happy about it. The antidote? Swimming and shopping before our post-race analysis of the Middle Champs.

Day 6 – Long Tour Champs – Bukova Hora

So, the Long Tour Champs mostly went a lot better than the Middles. My bearings were OK to start with and I went cautiously at times. Then the wasps returned! Two of them were lying in wait for me, I'm sure, and stung me just above the ankle. I ran! Then I tried to get a grip of myself and ignore my ballooning leg. I'm pretty happy with how I finished, all things considered. I really hate wasps... Anti-histamine will be in my luggage in future.

Yet another micr-O at the hostel in the afternoon; we just couldn't get enough of them. We finished off our week with a BBQ around a campfire with the Tour Champs medals being awarded. We then did some karaoke with the coaches providing the music, and then everyone stayed up for a long time because none of us could get to sleep after such a wonderful week.

Day 7 – the return journey

I slept through my alarm, had only 10 minutes to get ready to leave Potkavarna, somehow made it to the car in time and was coolly having breakfast in Prague airport as I met up with my mum. We then had a whole day of crowded trains, travelling from Prague to Stuttgart, where we were tourists for a couple of days before our onward travel. I was happily exhausted for a few days.

Overall, I loved the tour and I would recommend it to any junior as a target because it is an amazing experience. I had so much fun with everyone and learned so much from the areas. There's nowhere like it in the UK so it was eye opening, and it was an amazing experience. I really hope that I will be able to get into the Stockholm tour next year and enjoy that just as much.

European Cross Duathlon Championships – Dil Wetherill

Alex, Ben and I all represented GB in the European Cross Duathlon champs in Riva del Garda, Italy on Friday 8th September. 6km run, 20km mountain bike – with 4 laps up and down a hill, total climb of ~1000m - and another 3km run to finish off. The temperature was about 29C at the start – and it stayed close to that for most of the race.

Cross (off-road) in specifically and Duathlon generally don't have high profiles in the multisport world, so the classes were small. And those that do it tend to be mainly in the middle / older age groups. So, Ben and Alex only had two other competitors in their M20-24 class, both of whom looked very serious about their X-Du from their Strava evidence. With both Wetherill boys on hired bikes (with the brakes the wrong way round for us!) we expected the lads to be following the other two home. But at least a bronze medal was guaranteed as long as either of them finished.



Alex ran well and was quick in T1, so was first athlete in any age group to go out on the bike. Older and stronger riders came past him on the first bike lap, but he was still leading M20 when he started to have chain issues. He also stopped to give Ben his bike pump to help his older brother deal with a puncture. This dropped him to 2nd place, but he was still in contention as he came down the steps that led to final part of the bike leg back to transition. Unfortunately, his chain then snapped completely, and he had to run the last ~ 1km of the bike leg to T2. He ran well on the second run but couldn't catch up any places. He finished only 2 minutes behind the M20 leader but had a bronze medal to show for his efforts and set the fastest time of any British athlete.

Ben more than delivered on his target of "beating Dad". Running strongly on the first run, but crashing the bike, having a puncture, waiting till Alex dropped off a pump, waiting for another GB athlete to give him a puncture repair aerosol and then finding his front brake wasn't working lost him a lot of time on the bike leg. Another strong run at the end saw him complete in a still solid time and 4th in his class.

For me, the main issue was the heat. The organisers made a last-minute decision, because of concerns with the high temperatures, to shorten the bike leg for older athletes. Unfortunately for me, aged 59, older meant M60 and above, so I had to deal with the full 20km / 1000m of riding. So steady on the run, steady on the first lap of the bike and then even steadier as the heat started to take its toll and cramp became a worry. I switched to walking the steep bits and went in to "complete not compete" mode. More time was lost with a comedy slow motion tumble off the single track, falling far down the slope only stopped by rolling into a bush. Back on the run, I had saved enough to be able to run hard and set a good time for the last 3km, finishing in 2:30 and achieving my own personal target of not being the last Brit in my class.



WAOC's Friendly Faces – Hebe Darwin – Junior Captain



Photo: Wendy Carlyle

What led you to start orienteering and did you start as a junior, senior or veteran?

I have orienteered for my whole life, as my parents did it before I was born. They claim to have carried me in a baby sling from year zero!

What do you wish you'd know about orienteering when you started out?

I wish I'd known that the courses quickly get a lot longer, and that I'd made the most of my time as a young junior.

What is your favourite type of orienteering and why?

My favourite type of orienteering is sprint, because you can push yourself to the limit without needing to worry about having a lot further to run. It's fast paced, and a small mistake costs you a lot!

Where in the world do you most like to go orienteering?

I love to go orienteering in Scotland because there are so many different types of areas available: sand-dunes, forested hills, urbans etc and they are all really good quality!

What is your best orienteering moment to date?

My best orienteering moment was when I came in hurting but smiling at the end of the British Schools Score Championships this year. I knew that I was comfortably within the 45 minutes but that I'd got lots of controls and that it put me in a very good position to be on the podium, hopefully. More importantly, I hadn't made any mistakes and had loved the speed at which I had been able to run. It had been a really great race for me.

What was your most memorable orienteering mistake?

My most memorable orienteering mistake is when I mispunched at the East Midlands Championships, when I did my first yellow, because I ran past the control, and didn't look behind me! The memory of that still haunts me, and my constant checking behind me has saved me from going wrong so many times since then.

What type of shoes do you wear to go orienteering?

I tend to wear my Inov8 X-Talons, but it depends on how far I'm going to be running and what I think the terrain will be like.

What tips would you give new orienteers?

Focus on your own performance, not on your performance compared to others.

What is your favourite post-event refreshment?

It used to be a burger from O-nosh (if anyone still remembers them?!), but now it's a burger from Tom's Catering!

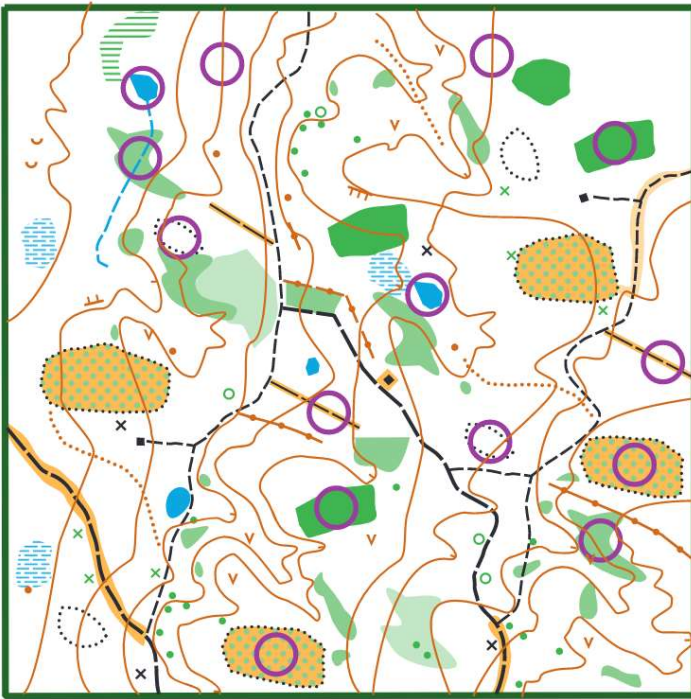
Congratulations to Hebe for being selected for Talent South just before publication.

UKOL 2024 Schedule of Events

A competitor's best 8 scores will count for the total league score

Date	Race	Competition (host club, location)
4-Feb	1	Southern Champs (GO)
10-Feb	2	British Night Championships
11-Feb	3	Cumbrian Galloper (LOC)
9-Mar	4	Midland Champs
29-Mar	5	JK Sprint
30-Mar	6	JK Middle
31-Mar	7	JK Long
13-Apr	8	British Long Champs
27-Apr	9	British Middle Champs
28-Apr	10	Northern Champs
11-May	11	Glasgow City Race Weekend Event (STAG)
12-May	12	Glasgow Euro City Race (STAG)
25-May	13	Scottish Champs
23-Jun	14	British Sprint Champs
6-Jul	15	YHOA Sprint Champs (AIRE)
7-Jul	16	Sprint Weekend Urban (AIRE)
21-Jul	17	Croeso Day 1
22-Jul	18	Croeso Day 2
14-Sep	19	Dales Weekend Day 1
15-Sep	20	Dales Weekend Day 2
21-Sep	21	Caddihoe Chase Day 1
22-Sep	22	Caddihoe Chase Day 2
12-Oct	23	Middle Race (DEE)
13-Oct	24	Chester Urban Race (DEE)
2-Nov	25	Salisbury Urban Race (SOC)
3-Nov	26	November Classic (SOC)

Find the identical features - Solution



Events: EAOA and a selection of national events are listed here. A full list of events is available on the British Orienteering web site. Events frequently require pre-entry (usually on fabian4.co.uk, sientries.co.uk or racesignup.co.uk). **Always check www.britishorienteering.org.uk before travelling.**

Mon 01/01/24	SOS New Year Novelty	Local	SOS	EAOA	Colchester	CO3 3WG
Sat 13/01/24	Felbrigg night event	Local	NOR	EAOA	Cromer	NR11 8PR
Sun 14/01/24	Sherringham	Local	NOR	EAOA	Sherringham	
Sun 21/01/24	HAVOC SWELL	Regional	HAVOC	EAOA	Langdon Hills	SS16 6HU
Sun 28/01/24	Highwoods	Regional	SOS	EAOA	Colchester	CO4 5JR
Sat 03/02/24	Rowney Warren Night event	Local	WAOC	EAOA	Shefford	MK45 3QD
Sun 04/02/24	Rowney Warren Day event	Regional	WAOC	EAOA	Shefford	SG17 5QB
Sun 04/02/24	Southern Champs (UKOL)	National	GO	SEOA	Dorking	RH4 3JY
Sat 10/02/24	British Night Champs (UKOL)	Major	WCOC	NWOA	Keswick	

Sun 11/02/24	Bylaugh and Bawdeswell	Local	NOR	EAOA	Dereham	
Sun 19/02/24	CompassSport Cup Heat - King's Forest	National	SUFFOC	EAOA	Bury St Edmunds	
Sun 25/02/24	Ashridge	National	HH	SEOA	Tring	
Sun 03/03/24	Welsh Champs – Pwll Du	National	SWOC	WOA	Blaenavon	
Sat 09/03/24	Midland Champs (UKOL) Sandringham	National	NOR	EAOA	Kings Lynn	PE35 6EN
Sun 10/03/24	BUCS Relay Trumpington Meadows	National	CUOC	EAOA	Cambridge	CB2 9FU
Sun 10/03/24	Bawsey	Regional	NOR	EAOA	Kings Lynn	PE32 1EP
Sun 17/03/24	SOS Hockley Woods	Regional	SOS	EAOA	Hockley	SS5 4JD
Sun 24/03/24	TVOC Chiltern Challenge	National	TVOC	SCOA	High Wycombe	HP7 0PX
Fri 29/03/24 to Mon 01/04/24	Jan Kjellström Orienteering Festival	Major		WMOA	Loughborough , Cannock and Matlock	
Sat 13/04/24	British Orienteering Champs (UKOL)	Major	CLOK	NEOA	Whitby	
Sun 14/04/24	British Relay Champs	Major	CLOK	NEOA	Whitby	
Sat 20/04/24	Thetford Urban	Regional	NOR	EAOA	Thetford	
Sun 21/04/24	Ickworth Park (incorporating Yvette Baker heat)	Regional	SUFFOC	EAOA	Bury St Edmunds	
Sat 27/04/24	British Middle Champs (UKOL)	Major	AIRE	YHOA	Otley	
28/04/24	Northern Champs (UKOL)	National	CLARO	YHOA	Grassington	
12/05/24	SPSS Clare	Local	SUFFOC	EAOA	Clare	
19/05/24	Chelmsford City Urban	Regional	SOS	EAOA	Chelmsford	
02/06/24	SPSS Holywells and Landseer	Local	SUFFOC	EAOA	Needham Market	